

A STUDY OF IMPACTS OF COVID-19 ON PSYCHOLOGY AND SOCIAL FACTORS ON PROSPECTIVE TEACHERS

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Abstract

COVID-19 is a viral epidemic disease cause by corona virus. COVID-19 spreads all over the world and it spoils our whole life brutally. This disease brings lockdown in the whole world. World economy is going down continuously due to lockdown. Many people forced to migrant, depressed and commit suicide. This COVID-19 brings bad impact on psychological and social development of human being.

Psychological factors are referring to the workings of the mind or psyche: motivation, learning and socialization, attitudes and beliefs. Psychological factors include anxiety; we are feeling stressed and become angry immediately, no passion we have. Social factors are the factors which effects of people and groups influencing one another through culture and subculture, social class, reference groups, and family.

In this paper, researcher study the impact of psychological and socialization factors on the students of B.Ed. in the COVID-19 scenario.

Keywords: COVID-19, Psychological Factor, Socialization Factor, Teacher.

Introduction

COVID-19 is a viral epidemic disease cause by corona virus. COVID-19 spreads all over the world and it spoils our whole life brutally. This disease brings lockdown in the whole world. World economy is going down continuously due to lockdown. It has very ill effects in every field. Educational field also one of them which affects lots. All students and teachers are suffering from this disaster disease. Many people forced to migrant, depressed and commit suicide. Now, we are very vulnerable and extremely frightening. In short, we can say this COVID-19 brings bad impact on psychological and social development of human being. Psychological factors are referring to the workings of the mind or psyche: motivation, learning and socialization, attitudes and beliefs. Psychological factors include anxiety; we are feeling stressed and become angry immediately, no passion we have.

Social factors are the factors which effects of people and groups influencing one another through culture and subculture, social class, reference groups, and family. Covid-19 brings social distancing whole over the world. India knows for its unity in diversity in whole world but this disease forced to make distancing from each one. It is very difficult to make social distancing for children and teenagers. As they get older, adopt more socialization and more important hub of their social development is their peer group instead of immediate family. Mostly parents may become worry from the side of social development of their children which has adverse impact from stay-at-home In this paper researcher study the impact of

psychological and socialization factors on the students of B.Ed. in the COVID-19 scenario.

Key Terms Explanation

COVID-19 is a man made respiratory viral (corona virus) disease, which spreads through tiny droplets of infected person when he/she coughs or sneezes. It becomes an epidemic disease in whole world. To protect yourself, wash your hands with soap and water or alcohol based sanitizer frequently. Old people and small children or with pre-existing medical conditions appear to be more vulnerable, because they have very less immunity system. Due to which lockdown is applied all over the world. Due to which all work become shut down. There is way to do work that is starting work from home. Teachers start taking online classes. This COVID-19 has very worse effect on the people by psychology, socially and economically.

Psychological Impacts

This corona virus is very dangerous virus because it is man-made. No vaccine is prepared till yet. Every person is afraid from this virus and tries to overcome from it. Everyone is suffering from economical crises which affect their psychology. Mostly companies are firing their employs or try to cut their salaries, even all employs are working from home. Due to which they are becoming frustrated every time. Students are depressed because of unemployment. This time is the time of placement in the colleges but due to crises of COVID-19. Companies are firing their employees in place of hiring. Teachers are taking online class and completing their syllabus and also taking examinations. Students are also taking classes at

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home with the help internet facilities. But in rural areas it is very difficult to connect internet. When someone infected, quarantine for 14 days to prevent of spreading. This quarantine or isolation is burden on the psychology of an infected people and his or her family members. Quarantine impact can vary from the immediate effects i.e. irritability, contracting fear, spreading infection to their family members, loneliness, anger, depression, denial, anxiety etc. Students are also suffering from depression of examination; no books are available for study, no skill development, no concentration in the online classes, health issues created by online classes, no time table follow etc.

Socialization Impacts

COVID-19 is a viral disease which increases the distance between the individuals. This diseases is spread by the tiny droplets emit by infected person through cough, sneezing etc. That's why to protect from COVID-19; we need to make distance of one feet. It has worse impact on our social life. Nobody wants to meet the person with warmness as they meet earlier. Increasing distance from other person termed as social distancing. This social distancing is much difficult particularly children and teens. They miss their school and college life friends. Parents may worry about their children because social development of their children becomes freeze. Whose child is single child of his/ her parent is much affected. Experts said that this too much social distancing brings too much bad impact on the socialization of the child in the future. Because their social development based on their peer group and it becomes the more important hub of social development which is losing by this COVID-19. In the context of this Learnmonth said, "Young children are learning the basics of being social beings and their parents can provide most of the input they need, while older children and adolescents are learning to navigate complex social groups of peers."

Statement of the Study

"A STUDY OF IMPACTS OF COVID-19 ON PSYCHOLOGY AND SOCIAL FACTORS ON PROSPECTIVE TEACHERS"

Need and Significance of the Study

COVID-19 pandemic emerges as a stressful and trauma condition in all over the world. Future telecast that it may last up to November-December 2020. This is a very critical situation for all which is not faced as earlier. People are not trained for this traumatic condition. Young generation is worried for employment, fear of losing job which are already in job, students are worrying for their studies, and everyone has economical issue. All these problems create psychological problems like

anxiety; depression etc. Everyone is suffering from lockdown and bounded in their houses. Due to which their social life or development is limited with their family members. That's mean no social development is occur. Experts of mental health are making aware that losing social connection everyday comes with psychological costs. This cost could go up the longer measure drag on. To overcome from COVID-19, everywhere nonessential activities have been banned and forced residents to stay at home. In all over the world schools, colleges and offices have switched to online working. Social- distancing is one of the main cures of COVID-19 which is barrier of social development. Researcher founds that there are limited researches have done on psychological and social factors affected by corona virus. This survey is one which tries to identify that is there any impact of covid-19 on psychological and socialization factors of development.

Objective of the Study

Main objective of the research was to study the impacts of covid-19 on psychology and socialization factors on prospective teachers.

Review of the Study

- Leon, 2004; Graffigna et al., 2020; Li et al., 2020; Lima et al., 2020 has studied the psychological impacts of COVID-19 on population across countries. In this studies they found emotional surge has the potential swamp the medical system for long period lasts the public health crises.
- Maunder et al., 2008; Barelllo et al., 2020; Lancet, 2020 has studied the stress and emotional turmoil in healthcare providers who work during the outbreak.
- Adams and Walls, 2020; Selman et al., 2020; Williamson et al., 2020 also studied on the experience of healthcare professionals while facing COVID-19. In this study they emphasis on the health professional and how they cope with the health crises and how they relate with the emotions, feelings and concerns of the patients.

Objective of the Study

Main objective of the study was to study the impacts of COVID-19 on psychology and socialization factors on prospective teachers in colleges of C.C.S. University, Meerut.

Research Design

Method: Descriptive survey method was used.
Sampling: The study was conducted on a sample of 100 prospective teachers taken from B.Ed. colleges of C.C.S. University, Meerut through Random Cluster sampling technique.

Tool of the Study

In order to measure perception of prospective teachers, a self-constructed questionnaire was used to measure psychology and socialization factors in COVID-19 scenario.

Result and Discussion

Data were analyzed by calculating percentage of responses on every item used for measuring psychology and social factors affected by COVID-19. In the following table percentages values of prospective teacher's views on every item of scale are shown in three columns: Strongly Agree, Agree, Disagree, and Strongly Disagree.

S.NO.	Item	Strongly Agree (%)	Strongly Agree (%)	Disagree (%)	Strongly Disagree (%)
1.	You takes a long time to fall asleep in COVID-19 scenario	8.7	39.1	47.8	4.4
2.	Feeling tired on walking at the time of walking up in COVID-19 scenario	8.7	26.1	60.9	4.3
3.	Heart beating quickly or strongly without a reason in COVID-19 scenario	21.7	4.3	47.9	26.1
4.	Lack of energy without a reason in COVID-19 scenario	39.1	4.4	47.8	8.7
5.	Sad or depressed in COVID-19 scenario	56.5	8.7	21.7	13
6.	Lost interest in most things in COVID-19 scenario	8.7	47.8	30.4	13
7.	Lack of interest in the studies	8.7	52.2	21.7	17.4
8.	You feel lonely in most of time in COVID-19 scenario	13	34.8	39.1	13
9.	Do you believe that you have physical disease but that doctor have not diagnosed it correctly	4.4	21.7	34.8	39.1
10.	You always scare from corona virus so you don't want to meet to anyone	26.1	34.8	26.1	13
11.	Do you want to go outside without any reason to meet your friends	17.4	4.4	30.4	47.8
12.	Do you want to meet your dear ones with earlier warmness	21.7	56.5	17.4	4.4
13.	Do you miss your college life	52.2	39.1	8.7	-
14.	Do you feel that your social group limited to your family members in COVID-19 scenario	34.8	47.8	13	4.4

This research is done on the prospective teachers in which 86.4% teachers are lies between the age group of 20-30 years old, and rest 13.6% are of age group of 30-40 years. 73.9% female prospective teachers took participate in this research rest 26.1% are male. Approximately 78.3% prospective teachers have urban background and 21.7% have rural background.

This above table reflects that 47.8% prospective teachers are agree with that they takes a long time to fall asleep in COVID-19 scenario and 52.2% are disagree. 34.8% prospective teachers are feeling tired on waking up but 65.2 are totally disagree. 26% agree that their heart beating quickly or strongly without a reason in COVID-19 scenario but 74% disagree with this statement. 43.5% prospective teachers agree that they feel lack of energy without a reason in COVID-19 scenario but 56.5% disagree with this statement. 65.2% teachers agree with that they are sad or depressed in present scenario and 34.8% teachers are disagree. 56.5%

prospective teachers agree with that they lost interest in most of things and rest 43.5% disagree. 47.8% agree with that they feel lonely in most of time but 52.2% disagree with this statement. 60.9% prospective teachers agree that they lost interest in the studies and rest disagree. 73.9% prospective teachers disagree with that they believe that they have physical disease but that doctor have not diagnosed it correctly but rest are agree with this statement. 60.9% prospective teachers are always scared with corona virus so that they don't want to meet to anyone but rest of teachers disagrees. 78.2% prospective teachers don't want to go outside without any reason but 21.8 wants to go outside. 78.2% prospective teachers' wants to meet their dear ones with earlier warmness but rest disagree. 91.3% prospective teachers agree with that miss their college life in COVID-19 scenario. 82.6% feel that their social group limited to their family members in COVID-19 scenario.

It can be concluded that from above results that at some extent psychological factors and social factors have worse impacts on prospective teachers in the COVID-19 scenario. Some prospective teachers affected by psychological but some affected by its social life and some affected by both factors by COVID-19 scenario. Mostly prospective teachers become sad and depressed due to COVID-19 period. Everyone wants to meet with their dear ones but this corona virus forced them to keep inside their homes. Almost 3 months completed with this bruise state of affairs. Experts said that as time period increases as these psychological and socialization factors become worse.

Suggestions

On the basis of above analysis and findings of the study, there are following suggestions can be furnish to enhance the psychological and socialization factors of prospective teachers:

1. Daily practice of yoga and meditation which give positive energy helps in overcoming from the depression, stress, anxiety etc.
2. This is the time of opportunity to stay at home and spend quality time with your family members, so live this opportunity in cheerful circumstances.
3. Make habit of reading, we should read some good books. Students have best time for their studies at home.
4. Do some creative, or you have an opportunity to live with your hobbies.
5. Make your home clean because an anarchic home can lead an anarchic mind.
6. Because of COVID-19, we don't want to outside to meet our dear one but we have online options in which we meet with our friends and relatives.

Conclusion

COVID-19 is a man made respiratory viral (corona virus) disease, which spreads through tiny droplets of infected person when he/she coughs or sneezes. It becomes an epidemic disease in whole world. This COVID-19 has very worse effect on the people by psychology, socially and economically. A study is done on the prospective teachers that how much they affected psychologically and socially by COVID-19. She find that at some extent they affected psychology and socially but due to course of time its impacts increases. To overcome from this traumatic condition, we need to calm and ready for future life. For this, we should practice of yoga, meditation, read books, spend quality time with your family members, have some rest from busy life, and try to cook new dishes, may connect with your friends and relatives with online connections. It is the best time to develop our hobbies.

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